



DELMONT
PRIVATEHOSPITAL

DELMONT DAY PROGRAM

Accessing Delmont Day Program Service requires a referral from a Delmont Psychiatrist
A pre-entry assessment by the Intake Clinician
is conducted to determine most appropriate groups available.

Visit the website www.delmonthospital.com.au for referral process

For more information or enquiries contact:

Delmont Day Program (DDP) Reception - **9805 7370**
DDP Addiction Enquiries - **9805 7305**
DDP Intake Clinician - **9805 7371**

For more information or enquiries:
Contact the Delmont Day Program -
9805 7370

For an E-Referral form:
Visit the website
www.delmonthospital.com.au/doctors

GENERAL DAY PROGRAM TIMETABLE

'Your Care in Mind'



300 Warrigal Road Glen Iris

Tel: 03 9805 7370 Fax: 03 9805 7395

Email: delmont@delmonthospital.com.au

Website: www.delmonthospital.com.au

A Smoke Free Facility

MODULE 2: APRIL – JUNE 2022

Wanting to learn better ways to manage your mental health condition?

Once diagnosed, it is important to learn effective ways to better manage your mental health as it will become an essential part of your recovery.

Whilst you continue to see your Doctor on a regular basis, for many people additional support and help is needed to manage this experience.

There are many useful benefits and advantages for attending a group program on a same day each week to gain this additional support and manage your condition.

The Benefits of Group Therapy

Working in groups is helpful in a variety of ways – feeling less alone, help dealing with feelings of isolation and shame.

Group provide space to explore issues and concerns, learn new ways in handling difficult emotions and experiences. Working in groups increases a person's self-understanding, enabling changes to occur and enhances well-being.

There are key therapeutic principles that are practised throughout the Delmont Group Day Programs:

- Knowledge
- To know that they are not alone
- Sharing information
- Interpersonal learning
- Understanding
- Acceptance
- Socialisation
- Participants can also learn to avoid behaviours that are destructive or

How do I get started?

Speak to your doctor and ask them to make a referral.

Referred individuals will have the health fund checked and then booked for an assessment with a DDP Intake Clinicians.

DAY PROGRAM GUIDELINES

Delmont Day Program Guidelines have been developed with consumers and clinical staff to ensure each participant gets the best out of attending the program.

- Respect and confidentiality are basic rights for all group members:
- Practise being non-judgemental to self and others
- Do not interrupt when others are speaking and listen rather than give advice
- Be mindful of non-verbal behaviours e.g. staring or rolling eyes
- Speak with respect to all e.g. poor language/cursing can be perceived as threatening
- Keep conversations outside of group times social in content
- Mobile phones - completely turn phones off whilst in group and keep calls outside of the main building.
- No food or drink in the group rooms other than bottled water. Please use trays in corridors.
- Focusing on your own recovery is strongly encouraged rather than becoming distracted by other peoples' issues.
- Be supportive and remain open to where other individuals may be within their recovery journey. There is a fine line between helping and hindering change therefore please do not compare doctors, therapists, treatments and/or diagnosis.
- Please refrain from leaving Delmont grounds if something in group has disturbed or upset you. It is important to discuss your feelings post-group or whilst they are happening within the session. Gain the benefits of attending the afternoon mindfulness and relaxation sessions.
- Be honest in your disclosure about previous substance use and risk taking behaviour. It is not the groups or therapists responsibility to read your mind.
- Please do not attend group if you are affected by substances (alcohol/drugs/prescribed medications). Speak with your doctor, commit to the DDP program agreement and be aware that Random Breath Alcohol/Drug Levels may be conducted.
- For your safety and maintaining personal boundaries please refrain from befriending other group members on social media.
- A minimum of 80% attendance is required to gain full benefits from the therapy process.

GENERAL HOSPITAL GUIDELINES

On Arrival and Departure:

- For hospital safety reasons - please sign in and out at the reception area.
- On arrival - please sign your health insurance claim form (refer to health fund section).
- Be aware of group start time and arrive in a timely manner. Please be respectful that the 5 minute rule applies. Patients who are consistently late will not gain entry after this time as a courtesy to those already in the group and have made the commitment to arrive on time.
- Please inform your group therapist if you need to leave the program for any reason and sign out.

Health Funds:

- Please be aware of your responsibility regarding your Health Fund or Work Cover/ TAC coverage to avoid unpleasant surprises. This includes conditions such as gaps, breaks or excess payments.
- Some health funds ask their members to complete additional paperwork e.g. BUPA.
- In order to comply with your health fund regulations, you need to attend the DDP program for:
 - Minimum 3 hours for a half day
 - Minimum 5 hours for a full day
- Activity groups (e.g. Strength Training, Yoga and Gym/Swim) are offered in conjunction with a therapy program and are part of a full day attendance.

Car Parking:

- Parking (on the grounds) is reserved for staff, visitors to the hospital, people attending the consulting suites and with a disability sticker displayed on their car.
- Be aware of 2 hour parking restrictions in the streets closest to the hospital. All day parking further away from the hospital is available.

Meals:

- Morning tea, lunch, afternoon tea is provided in the dining room for day group programs.
- A light supper is provided for evening programs.
- With prior arrangements, dietary requirements can be catered for.

Smoking:

- DDP does not have a designated smoking area and smoking is not permitted on hospital grounds.

What to expect

Intake Assessment normally take about one hour - more information about group sessions will be provided at this time.

Once assessed, you will be allocated to the same group each week.

You will meet a group of people who both understand your condition and whom you will be able to trust and share your lived experience without feeling judged.

Program Bookings

To gain the maximum benefit, it is important you attend regularly for the duration of the module (12 weeks). Full day and your weekly attendance to the program is highly recommended.

Maintain regular appointments with your treating psychiatrist outside of group times and at least every 6-8 weeks.

Attendance Hours

Day Groups:

- Full day Programs Monday to Friday 9:30am to 2:30-3:00pm
- Half day Programs 9:30am to 1:00pm or 1:00pm to 4:30pm

After-hours Groups:

- Evening Programs Tuesday and Thursday 5:30 to 8:30pm
- Weekend Program Saturday 9:30am to 12:30pm

If you are not able to attend, please inform your therapist via reception on Tel: 9805 7370.

What if I need to change groups?

- If you are new and have recently been assessed, please talk to the DDP Intake department.
- If you have been attending for some time and wish to attend a different program in the current or next module, please discuss this with your therapist and your Doctor.
- During the module breaks you may attend a one-off trial of a different program.
- A new timetable will be circulated in your current group in a timely manner.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
09:30 am start	<p>CREATIVE ARTS THERAPY - Introduction DBT GROUP (closed) DEVELOPING SELF-COMPASSION LIFE STRATEGIES - PST LIVING WELL with MENTAL ILLNESS (Aged) MbcBT UNDERSTANDING EMOTIONS (DBTi) YOUNG ADULTS PROGRAM (YAP) (18-25 yrs.)</p>	<p>ACT for DEPRESSION & ANXIETY (Adv) CREATIVE ARTS THERAPY - Guided Creative Arts Therapy GOOD CONNECTIONS INTRODUCTION TO SCHEMA THERAPY LIVING WELL with MENTAL ILLNESS (Aged) MANAGING ADHD MINDFULNESS & LOVING KINDNESS POSITIVE PSYCHOLOGY for MOOD IMPROVEMENT SCHEMA THERAPY (closed) start 26/4 SKILFUL COMMUNICATION</p>	<p>CREATIVE ARTS THERAPY - Exploration Through the Arts ENHANCING PSYCHOLOGICAL WELL-BEING EXPERIENCING EMOTIONS EFFECTIVELY INTRODUCTION TO ACT start 27/4 LIVING WELL with MENTAL ILLNESS (Aged) MINDFUL PARENTING start TBC MINDFUL SELF-COMPASSION PATHWAYS GROUP STRENGTH TRAINING FOR MENTAL HEALTH YOUNG ADULTS PROGRAM (YAP) (18-25 yrs.)</p>	<p>ACT for NEGATIVE THINKING CREATIVE ARTS THERAPY - Reflections Through the Arts ENHANCING SELF-ESTEEM FINDING PEACE & the ARTS (MBCT) GOOD CONNECTIONS INTERPERSONAL EFFECTIVENESS (DBTi) LIVING WELL with MENTAL ILLNESS (Aged) MANAGING ADHD PATHWAYS GROUP - PST STRESS SOLUTIONS FOR MEN YOUNG ADULTS PROGRAM (YAP) (18-25 yrs.)</p>	<p>ACT for DEPRESSION & ANXIETY BUILDING CONNECTIONS THROUGH CREATIVITY start 29/4 CREATIVE ARTS THERAPY - Creative Arts for Change DBT FOR YOUNG ADULTS PROGRAMS GOOD CONNECTIONS (Aged) LIVING WELL with MENTAL ILLNESS (Aged) - PST MANAGING ANXIETY & DEPRESSION NOURISHING the BODY & MIND RELATING WELL (DBTi) STRESS SOLUTIONS FOR WOMEN</p>	<p>9:30 - 12:30 ADDICTION - Relapse Prevention CREATIVE ARTS THERAPY - Finding Balance Through CAT MINDFULNESS for ANXIETY</p>
Short Break - Morning Tea						
11:00 am	<p>CREATIVE ARTS THERAPY - Introduction DBT GROUP (closed) DEVELOPING SELF-COMPASSION LIFE STRATEGIES LIVING WELL with MENTAL ILLNESS (Aged) - PST MbcBT UNDERSTANDING EMOTIONS (DBTi) YOUNG ADULTS PROGRAM (YAP) (18-25 yrs.)</p>	<p>ACT for DEPRESSION & ANXIETY (Adv) CREATIVE ARTS THERAPY - Guided Creative Arts Therapy GOOD CONNECTIONS - PST (12pm) INTRODUCTION TO SCHEMA THERAPY LIVING WELL with MENTAL ILLNESS (Aged) - PST (11am) MANAGING ADHD MINDFULNESS & LOVING KINDNESS POSITIVE PSYCHOLOGY for MOOD IMPROVEMENT SCHEMA THERAPY (closed) start 26/4 SKILFUL COMMUNICATION</p>	<p>CREATIVE ARTS THERAPY - Exploration Through the Arts ENHANCING PSYCHOLOGICAL WELL-BEING EXPERIENCING EMOTIONS EFFECTIVELY INTRODUCTION TO ACT start 27/4 LIVING WELL with MENTAL ILLNESS (Aged) - PST (11am) MINDFUL PARENTING start TBC MINDFUL SELF-COMPASSION PATHWAYS GROUP STRENGTH TRAINING FOR MENTAL HEALTH YOUNG ADULTS PROGRAM (YAP) (18-25 yrs.) - PST (12pm)</p>	<p>ACT for NEGATIVE THINKING CREATIVE ARTS THERAPY - Reflections Through the Arts ENHANCING SELF-ESTEEM FINDING PEACE & the ARTS (MBCT) GOOD CONNECTIONS - PST (11am) INTERPERSONAL EFFECTIVENESS (DBTi) LIVING WELL with MENTAL ILLNESS (Aged) - PST (12pm) MANAGING ADHD PATHWAYS GROUP STRESS SOLUTIONS FOR MEN YOUNG ADULTS PROGRAM (YAP) (18-25 yrs.)</p>	<p>ACT for DEPRESSION & ANXIETY BUILDING CONNECTIONS THROUGH CREATIVITY start 29/4 CREATIVE ARTS THERAPY - Creative Arts for Change DBT FOR YOUNG ADULTS PROGRAMS GOOD CONNECTIONS (Aged) - PST (11am) LIVING WELL with MENTAL ILLNESS (Aged) MANAGING ANXIETY & DEPRESSION NOURISHING the BODY & MIND RELATING WELL (DBTi) STRESS SOLUTIONS FOR WOMEN</p>	<p>9:30 - 12:30 ADDICTION - Relapse Prevention CREATIVE ARTS THERAPY - Finding Balance Through CAT MINDFULNESS for ANXIETY</p>
12:30 or 1:00pm	Lunch			Lunch		DDP Closed
1:00 or 1:30pm	<p>CREATIVE ARTS THERAPY - Introduction DBT GROUP (closed) DEVELOPING SELF-COMPASSION LIFE STRATEGIES LIVING WELL with MENTAL ILLNESS (Aged) MbcBT UNDERSTANDING EMOTIONS (DBTi) YOUNG ADULTS PROGRAM (YAP) (18-25 yrs.)</p>	<p>ACT for DEPRESSION & ANXIETY (Adv) CREATIVE ARTS THERAPY - Guided Creative Arts Therapy GOOD CONNECTIONS INTRODUCTION TO SCHEMA THERAPY LIVING WELL with MENTAL ILLNESS (Aged) MANAGING ADHD MINDFULNESS & LOVING KINDNESS POSITIVE PSYCHOLOGY for MOOD IMPROVEMENT SCHEMA THERAPY (closed) start 26/4 SKILFUL COMMUNICATION</p>	<p>CREATIVE ARTS THERAPY - Exploration Through the Arts ENHANCING PSYCHOLOGICAL WELL-BEING EXPERIENCING EMOTIONS EFFECTIVELY INTRODUCTION TO ACT start 27/4 LIVING WELL with MENTAL ILLNESS (Aged) MINDFUL PARENTING start TBC MINDFUL SELF-COMPASSION PATHWAYS GROUP STRENGTH TRAINING FOR MENTAL HEALTH YOUNG ADULTS PROGRAM (YAP) (18-25 yrs.)</p> <p>1:00 - 4:30PM: MANAGING ANXIETY, DEPRESSION & STRESS</p>	<p>ACT for NEGATIVE THINKING CREATIVE ARTS THERAPY - Reflections Through the Arts ENHANCING SELF-ESTEEM FINDING PEACE & the ARTS (MBCT) GOOD CONNECTIONS INTERPERSONAL EFFECTIVENESS (DBTi) LIVING WELL with MENTAL ILLNESS (Aged) MANAGING ADHD PATHWAYS GROUP STRESS SOLUTIONS FOR MEN YOUNG ADULTS PROGRAM (YAP) (18-25 yrs.) - PST</p>	<p>ACT for DEPRESSION & ANXIETY - Yoga BUILDING CONNECTIONS THROUGH CREATIVITY start 29/4 CREATIVE ARTS THERAPY - Creative Arts for Change DBT FOR YOUNG ADULTS PROGRAMS GOOD CONNECTIONS (Aged) LIVING WELL with MENTAL ILLNESS (Aged) MANAGING ANXIETY & DEPRESSION NOURISHING the BODY & MIND RELATING WELL (DBTi) STRESS SOLUTIONS FOR WOMEN</p>	
5:30 - 9:00 pm	DDP CLOSED	<p>ACT FOR DEPRESSION & ANXIETY ADDICTION - Relapse Prevention YAP (ADOLESCENT) GROUP (16-19 yrs.) start 27/4 to 21/6</p>	<p>ADDICTION - Relapse Prevention INTRODUCTION TO ACT UNDERSTANDING EMOTIONS for Depression & Anxiety (DBTi) YOUNG ADULTS PROGRAM (YAP) (18-25 yrs.)</p>	<p>ACT FOR DEPRESSION & ANXIETY ADDICTION - Relapse Prevention UNDERSTANDING EMOTIONS for Depression & Anxiety (DBTi)</p>	DDP CLOSED	

All programs are full day unless otherwise indicated.